Lower Body Strengthening Exercises

The following 2 lower body muscle strength and conditioning exercises are not components of the Navy Physical Readiness Test, but they are important for preparing for the physical training portion of basic training. In addition, weak muscle groups are more susceptible to strains or sprains. The squat and the lunge exercises will develop balanced, proportional strength in the quadriceps and hamstring muscle groups. If injury does occur, it may be less severe and may heal more quickly if the muscle is well-conditioned.

<u>SQUAT:</u> Quadriceps and Hamstring Strengthening Exercise
(Diagram 5 & 6)

Starting Position: Stand tall with head up, back flat, and feet shoulder-width apart. Place hands on front of thighs.

Action: Lower body by bending knees until hands touch knees. Lower to approximately 90 degrees of knee flexion. Hold squat position for 8 to 10 seconds. Return to starting position.

Diagram 5 *Diagram 6*

<u>LUNGE:</u> Quadriceps and Hamstring Strengthening Exercise
(Diagram 7)

Starting Position: Stand tall with feet together.

Action: Take a long step forward with one foot and bend back knee. Forward knee should not pass over front foot. Return to starting position. Repeat on opposite side.

Diagram 7